



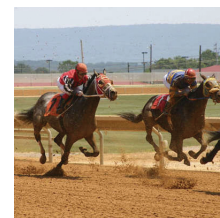
Friendship Heights

VILLAGE NEWS

OCTOBER 2011

301-656-2797

VOLUME 26, NO. 5



Charles Town

page 3

Help the homeless mini-walk on Saturday, Oct. 29

Join the effort to help our homeless neighbors! The Village Council invites you to our first ever Help the Homeless Mini-Walk to support the Community Council for the Homeless at Friendship Place on **Saturday, Oct. 29**, at the Village Center. We will gather at 9 a.m. to enjoy a continental breakfast donated by Courtyard Marriott Chevy Chase. Then at 9:30 we will walk together down Wisconsin Avenue to the Friendship Place welcome center (about two miles roundtrip) to show the community that we care about helping the homeless.

Visit our website, www.friendshipheightsmd.gov, to download the registration form, or pick one up at the Village Center front desk. You can also register online with a credit card at www.helpthehomelessdc.org/miniwalks. Click on Register to Walk, then Mini-walk Registration Form. Fill in "Village of Friendship Heights" under Name of Hosting Organization. The fee is \$30 for adults, \$20 for youth (under age 25). Participants will receive a 2011 Help the Homeless t-shirt.



Dreaming of a white Christmas

What can put you in the holiday spirit faster than Irving Berlin's *White Christmas*? Join us for dinner and an evening performance of this classic musical at Toby's Dinner Theatre on **Sunday, Dec. 11**.

The story is about two World War II U.S. Army buddies who discover that their former commanding officer owns a ski lodge in Vermont that is about to go bankrupt because of a lack of snow. They put on a show to help out, fall in love with two sisters, save the lodge and even make the snow fall. You'll leave humming every song, including the Academy Award-winning title song.

Before the performance, we'll enjoy a buffet that includes steamship round, roast turkey, baked Virginia ham, steamed shrimp, stuffed chicken breast, pasta, vegetables, salad bar and a selection of delicious desserts. There is a full service cash bar.

Children 7 and older are welcome if accompanied by an adult. We will leave the Village Center at 4:15 p.m. and return around 10 p.m. The cost, which includes dinner, ticket, transportation and all gratuities, is \$69; for children age 7 to 12, \$64. After Nov. 10, the cost rises to \$75 for all tickets. Celebrate the season with us—it'll be just like the ones you used to know.



Children's Halloween Bingo

Here's a little twist on Halloween. Join us for a children's Halloween Bingo Party at the Friendship Heights Village Center **Sunday, Oct 30, from 2 to 3:30 p.m.** Children up to age 12 can play for a variety of great prizes, and refreshments will be served. Children are encouraged to come in costume.

The event is free, but you must sign up in advance at the Village Center or call 301-656-2797. Children must be accompanied by an adult, guardian or friend over the age of 13. Sorry, only children are eligible to play this bingo.

CHILDREN'S PROGRAMS

Put a little art in your shopping

Jump start your holiday shopping or just find a cute little something for yourself as Friendship Heights welcomes the "Holiday Affair" artisan fair back to the Village Center on **Friday, Nov. 4 from 7 to 9 p.m. and Saturday, Nov. 5, from 10 a.m. to 2 p.m.** Here you'll find something for everyone from pottery and basketry to fiber arts and fused glass. Bring the whole family to the Village Center for unique gifts and gift ideas. Admission is free. For information, call the Village Center at 301-656-2797.



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Friendship Heights
VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the November issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

An autumn afternoon at the Amish Market

Join us for a trip to the Dutch Amish Market in Germantown on **Thursday, Nov. 10**. If you have visited the market before you are aware of the wonderful fresh products and tempting selections that await you. If you haven't been before, join the fun! There is a delicious choice of meats, eggs, cheeses, veggies, baked goods, flowers, herbs and crafts. A restaurant is located on site so when you want to take a break, you can enjoy a leisurely lunch (not included).

We'll leave the Center at 11 a.m. and return by 3 p.m. **The price for the trip is \$23** for transportation—lunch is on your own.

Try your luck at Charles Town

Our trip to Charles Town returns by popular demand on **Sunday, Nov. 20**. Check out black jack, poker, roulette, slot machines and other table games at Hollywood Casino as well as the horseracing at Charles Town. We'll depart the Village Center at 10:30 a.m. and arrive by noon in time for brunch on the Skyline Terrace. Brunch includes omelets made to order, bacon, sausage, French toast, rotisserie chicken, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more.

We should return to Friendship Heights by 6:30 p.m. The cost of the trip is \$64, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Nov. 7. For additional information, call the Village Center at 301-656-2797. There are 34 spaces available.



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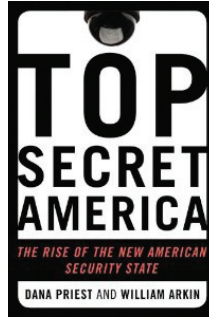
Dana Priest to speak at the Center

Pulitzer Prize winning reporter Dana Priest will discuss her book, *Top Secret America: The Rise of the New American Security State*, at the Village Center on **Thursday, Oct. 13, at 7:30 p.m.**

Ms. Priest and William Arkin won a George Polk Award for National Reporting for the July 2010 Post series "Top Secret America." The two-year investigation revealed that the government has built a national security and intelligence system so large, complex, and difficult to manage, that nobody knows if it is actually keeping citizens safe.

Dana Priest is an investigative reporter for The Washington Post. She has won numerous awards, including the 2008 Pulitzer Prize for public service for "The Other Walter Reed" and the 2006 Pulitzer for beat reporting for her work on CIA secret prisons and counterterrorism operations overseas.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



Driver Safety Program

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums.

The one-day course will be offered **Friday, Nov. 4, from 10 a.m. to 3 p.m.** at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be canceled. Students must bring to class with them their driver's license and a ballpoint pen. Barbara Newland will be the instructor. Please register at the Village Center. Maximum number of students is 25.



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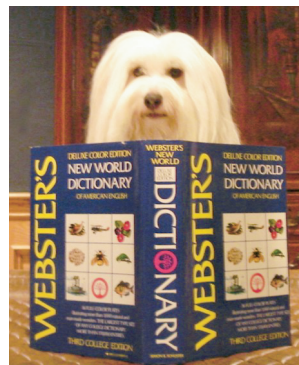
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Don't forget your flu shot!

The MedStar Health Visiting Nurses Association's flu shot clinic will be held at the Village Center on **Friday, Oct. 7 from 10 a.m. to 2 p.m.** for anyone nine years old and older.

This year's vaccine will protect against these viruses: A/H1N1, A/H3N2 and B strain. You may sign up for a standard flu shot, Fluzone HD (the high-dose version for people 65 and older), or the flu mist (nasal spray for individuals who are under age fifty and healthy with no underlying medical conditions). Please ask your doctor if you have questions about these versions of the vaccine **before** you sign up.

- Cost is \$30 for the flu mist and the standard shots (cash or check payable to VNA Flu Program). Fluzone HD is \$55 for individuals without Medicare Part B.
- No charge for individuals with Medicare Part B. (non-HMO) - but you must bring your card.
- VNA does not accept Medicaid.

Call 301-656-2797 to register.

You must have an appointment to receive a shot.



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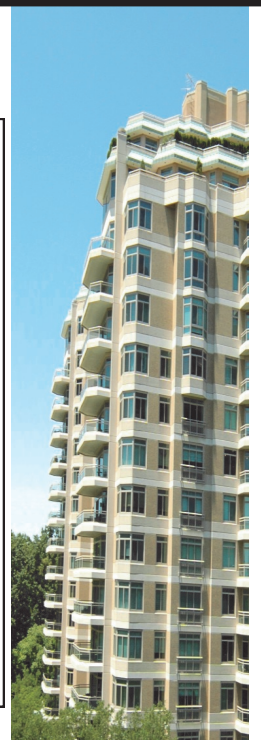
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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Oct. 6, 7 p.m. — Movie — *Bridesmaids* — Named her best friend's maid of honor, down-on-her-luck Annie's competition with a fellow bridesmaid, the wealthy and beautiful Helen, threatens to destroy the wedding. Meanwhile, a local cop takes a liking to Annie. Stars Kristen Wiig, Maya Rudolph, Rose Byrne, Chris O'Dowd, Melissa McCarthy, Wendi McLendon-Covey, Ellie Kemper, Jon Hamm, Jill Clayburgh, Kali Hawk. Rated R. Running Time: 125 minutes.



other grisly apparitions. Will any of the guests survive to win the prize? Or will the house scare them to death? The legendary Vincent Price stars in one of director William Castle's most famous chillers. Stars Vincent Price, Elisha Cook Jr., Carol Ohmart, Alan Marshal, Richard Long, Carolyn Craig, Julie Mitchum, Leona Anderson, Howard Hoffman. Not Rated. Running time: 74 minutes.



Thursday, Oct. 13, 7:30 p.m. — Book Signing with Dana Priest — See page 4 for details.

Thursday, Oct. 20, 7 p.m. — Movie — *Pirates of the Caribbean: On Stranger Tides* — Cunningly clumsy Capt. Jack Sparrow meets his match when mysterious beauty Angelica forces the pirate to join her in search of the Fountain of Youth in the fourth installment of the humorous and action-packed "Pirates of the Caribbean" franchise. Sparrow tries to determine whether Angelica is friend or foe while the riotous adventure sets him aboard a vessel belonging to the fearsome pirate Blackbeard. Stars Johnny Depp, Penélope Cruz, Geoffrey Rush, Ian McShane, Gemma Ward, Judi Dench, Sam Claflin, Astrid Berges-Frisbey, Richard Griffiths, Keith Richards. Rated PG-13. Running Time: 137 minutes.



Thursday, Oct. 27, 7 p.m. — Movie — *The House on Haunted Hill* — This spine-tingling movie, made in 1959, has become a classic among horror movies. Millionaire Frederick Loren offers five people \$10,000 to stay a night in a remote haunted house, giving each of them a loaded gun as a "party favor." Throughout the night, they're terrorized by skeletons, disembodied heads and



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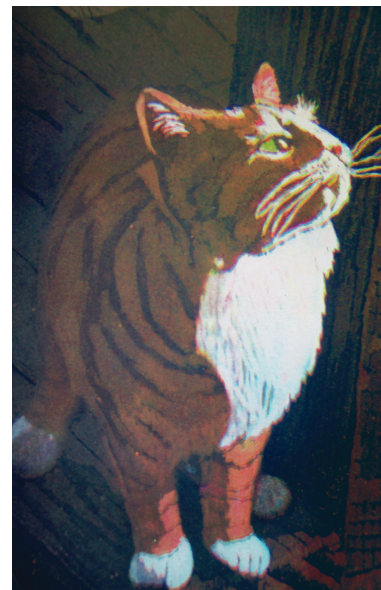
ART and CULTURE



"Women of Nazare" by Genevieve Roberts



"Sharing" by Marcia Davis



"Catitude" by Shirley Tabler

On exhibit in October

The Chevy Chase branch of the National League of American Pen Women will exhibit in the Friendship Gallery this month. All media including photographs will be exhibited. The NLAPW is comprised of professional women composers, writers and artists. It was created in 1929 and is the oldest multi-discipline arts organization for women in the United States.

The show runs from Oct. 3 to 29. All are invited to a reception to meet the artists on **Sunday, Oct. 9, from**

11:30 a.m. to 1:30 p.m. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.



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Friendship Heights
Village Center



Calendar
of Events 2011

O C T O B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



<div>1</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>						
<div>2</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>3</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</div>	<div>4</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life 1 p.m.: Balance And Coordination 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</div>	<div>5</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Emil Chudnovsky</div>	<div>6</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Bridesmaids</div>	<div>7</div> <div>9:15 a.m.: Drop-in Tai Chi 10 a.m. to 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting</div>	<div>8</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>9</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>10</div> <div>Columbus Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors Shuttle Bus runs on weekend schedule</div>	<div>11</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Whitman 8 P.M.: Friendship Heights Council Meeting</div>	<div>12</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Hip and Knee Replacement 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Susan Jones Jazz Quartet</div>	<div>13</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Spanish 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Dana Priest: Top Secret America</div>	<div>14</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting</div>	<div>15</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>16</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>17</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 5 p.m.: Zumba 7 p.m.: Yoga</div>	<div>18</div> <div>7:30 a.m.: Depart for Nashville 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</div>	<div>19</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Tales in the Village featuring El-louise Schoettler</div>	<div>20</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Spanish 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Pirates of the Caribbean: On Stranger Tides</div>	<div>21</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting</div>	<div>22</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>23</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>24</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 10 a.m. – 2 p.m.: MVA Bus 1 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 5 p.m.: Zumba 7 p.m.: Yoga</div>	<div>25</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge class 5 – 7 p.m.: Shred-It 7:30 p.m.: Great Courses: Whitman</div>	<div>26</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert:Ginny Carr</div>	<div>27</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Spanish 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:The House on Haunted Hill</div>	<div>28</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting 1 p.m.: How Feet and Balance Affect Pain</div>	<div>29</div> <div>8:15 a.m.: Walking Club 9 a.m.: Help the Homeless Mini – Walk 9 a.m. – 1 p.m.: Twin Springs</div>
<div>30</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 2 p.m.: Halloween Party for Children</div>	<div>31</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 5 p.m.: Zumba 7 p.m.: Yoga</div>	<div>Shred-It Truck returns October 25</div> <div>A truck from Shred-It will park on Friendship Boulevard next to the Village Center on Tuesday, Oct. 25, from 5 to 7 p.m. This is a special service for Village residents only.</div> <div></div>				



Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

BASIC WATER COLOR PAINTING

A 6-week course for all skill levels, taught by Millie Shott, begins Oct. 7. Meets Fridays from 1 to 3:30 p.m. Covers mixing colors, washes, brush textures, landscape and florals. Students supply brushes, paper and painting board. Supply list available at sign-up. The cost is \$70. Maximum number is 10. Last class is Nov. 18 (class will not meet Nov. 11).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Nov. 2. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Dec. 14 (class will not meet Nov. 23).

BRIDGE

PLAYING DEFENSE

This 7-week series taught by Frank Shull, a life master at bridge, begins Oct. 25. Meets Tuesdays from 5 to 7 p.m. Students will learn techniques on how to beat opponents after they get the contract. The class will cover such topics as leading against suit contracts; playing second hand low and third hand high; attitude signals when partner leads; and, opening leads. The maximum number of students is 17. This class is for people

who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends Dec. 6.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 5-week class begins Nov. 22. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$55 for residents; \$60 for nonresidents. Session ends Dec. 20. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students.

CHAIR EXERCISE

This 6-week class begins Nov. 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 14.

MAT PILATES

The 6-week session begins Nov. 1. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended

for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email Gingerrusteach@yahoo.com. Session ends Dec. 6.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Nov. 11. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 23 (class will not meet Nov. 25).

STRENGTH TRAINING WITH TONYA

This 6-week class begins Nov. 14. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 19.

ZUMBA!

Zumba is back! This 6-week class, taught by Elena Menshutkina, begins Oct. 17. Meets on the following Mondays from 5 to 6 p.m.: Oct. 17, 24, 31, Nov. 21, 28 and Dec. 19. The dynamic fitness program based on Latin music and dance steps is a fun and challenging cardio workout for all fitness levels.

No previous experience in dance is needed. Wear comfortable clothes and shoes (no running shoes; cross-trainers okay). The cost is \$90 for residents; \$100 for nonresidents. Minimum number is 10. Questions? Email Elena at Arlingtonzumba@yahoo.com.

LANGUAGE

BEGINNING SPANISH

This 8-week course for new students begins Oct. 13. Instructor Elena Marra-Lopez has taught at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. Class meets Thursdays, from 10 to 11:30 a.m. The cost is \$150. Instructor will supply textbook. Please pay for it at sign-up (\$18 cash or check made out to Elena). Session ends Dec. 8. Please sign up at least 3 days before first class. A minimum of five students is required.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m. **Please note new times.**

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group orga-

nizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates and subject matter.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 1 to 4 p.m. All are welcome; cards will be supplied. Contact Nancy White at 301-652-4119.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. (**note new day**) for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



CONCERTS

Performances will be held each Wednesday from 7:30 to 8:30 p.m. in Huntley Hall of the Village Center.

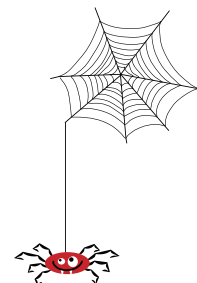
Wednesday, Oct. 5 — Emil Chudnovsky — Born in Moscow, Russia, Emil Chudnovsky is the son of renowned violinist Nina Beilina and the late Maestro Israel Chudnovsky, the eminent opera conductor. As a violinist, he began performing at the age of eleven with an appearance on Uruguayan television and in concert with the Montevideo Chamber Orchestra. The same year, he was featured in a series of live radio broadcasts from the *Mostly Mozart Festival* in South Africa. Since then, he has performed to great critical acclaim all over the world.

Wednesday, Oct. 12 — Susan Jones Jazz Quartet — Susan Jones is a versatile free-lance violinist, who plays styles ranging from classical to jazz, with many stops along the way, including rock, country, klezmer and mariachi. She has brought her classical music to Carnegie Hall, the Kennedy Center and the National Gallery of Art Terrace Cafe. Her jazz venues include the One Step Down, the Corcoran Jazz Series and Blues Alley. A graduate of the University of Maryland, she has worked as a full-time musician since 1978.

Wednesday, Oct. 19 — Tales in the Village featuring Ellouise Schoettler — In FINDING GUS, Ellouise Schoettler, producer of Tales in the Village, skillfully blends genealogy research, oral history, family folklore and storytelling into an intriguing spoken-word collage of romance, hunky heroes, love, loss and reunion.

Wednesday, Oct. 26 — Ginny Carr — A versatile pianist/singer solo artist, Ginny has shared her commanding piano and vocal stylings with audiences in

East Coast cities for several decades. She is a classically trained pianist and singer and has been a featured performer and accompanist with symphony orchestras, theatrical revues and shows, and big bands.



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Medicine/Foot Surgery Early Morning Hours

TO YOUR HEALTH

Hip and Knee Replacement 101

Dr. Sridhar Durbhakula, Suburban Hospital orthopedic joint surgeon, will explain knee and hip replacement treatment options at this month's Suburban Health Lecture at the Village Center on **Wednesday, Oct. 12, at 1 p.m.** His talk will outline the latest technology to advance the healing process and recovery time from surgery.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: Understanding Diagnostic Tests for Retina Disorders

Have you ever left your eye doctor's office feeling overwhelmed by a myriad of tests that you may not fully understand? Join Rob Frantz, COMT, Retina Group of Washington, on **Thursday, Oct. 20, at 12:30 p.m.**, and gain a better understanding of the diagnostic equipment and procedures used when a retina may be at risk.

The retina, a layer of nerves lining the rear of the eye, is light-sensitive and converts color, shape and brightness into electrical impulses that are sent to the brain through a collection of nerve fibers called the optic nerve. Rob Frantz has assisted ophthalmologists for more than twenty years with thousands of diagnostic tests and procedures in an effort to examine the retina clearly.

Bring a bag lunch to the Village Center or make a sandwich with the peanut butter, jelly, and bread supplied. Dessert and beverage are always provided.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register. Remember you don't have to have poor sight to participate.

ESTATE SALE

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Could your feet be causing you pain?

Join physical therapist Ashley Bossenberger at the Village Center on **Friday, Oct. 28, at 1 p.m.**, for a toe-tapping conversation about the health of your feet! This sole-ful program includes an explanation of the different aspects of muscle imbalance, how your gait and feet affect your health, and balance issues. Free consultations will be offered after the presentation for an evaluation of your posture, balance and gait.

This free program is provided through a partnership between the Village of Friendship Heights and Family & Nursing Care. Please call the Center at 301-656-2797 to let us know if you plan to attend. Refreshments will be served and door prizes will be given.



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Cafe Muse presents...

This month's Café Muse, on **Monday, Oct. 3, at 7 p.m.**, presents poets Linda Pastan and Jane Shore.

Linda Pastan is the author of 13 volumes of poetry, most recently *Traveling Light* and two-time finalist for the National Book Award. Her poems appear widely in *The Atlantic Monthly*, *The New Yorker*, *Poetry* and other journals. She has been Poet Laureate of Maryland, and in 2003 won the Ruth Lilly Poetry Prize for lifetime achievement.

Jane Shore's five books of poems have won the Juniper Prize, the Lamont Prize, a National Book Critic Circle Award nomination, and most recently the 2010 Poets Prize for *A Yes-or-No Answer*. Her *New and Selected Poems* will be published next spring. Honors include Guggenheim, and Hodder Fellowships, and two grants

from The NEA. Her poems appear widely in *The New Yorker*, *Yale Review* and other publications.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdcc.com.

The Village Book Club will meet this month on **Tuesday, Oct. 18, at 11 a.m.** The book selection is *Small Island* by Andrea Levy.



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Do you snore when you sleep?

According to American Academy of Dental Sleep Medicine more than 18 million Americans snore during sleep.

This can be an indication of a serious sleep disorder called Obstructive Sleep Apnea (OSA). In this disease the airway is closed or partially closed making breathing abnormal. The neck narrows when we go to sleep, people can breathe normally but some snore with a partial or complete blocking of the airway. The level of oxygen will diminish in the body and the person will wake up to activate the muscles to open the airway. Once the airway is open there will be several deep breaths to catch up with breathing, if the person falls asleep soon he or she won't remember. Interrupted sleep will cause excessive daytime sleepiness and fatigue. The causes of OSA are a narrow airway due to a small lower face or small jaw, obesity, large neck, or tonsil enlargement. The symptoms are snoring, restless sleep, awakening with sensation of choking, episodes of cessation of breathing, periods of silence terminated by loud snoring, moodiness, lack of concentration, morning headaches, decreased libido and impotence, awakening with pain on the chest, history of hypertension, heart disease, diabetes, renal disease or acid reflux. If you are not sure if you suffer from this, you can ask either your Doctor or Dentist during your next check-up.

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Physical Therapist, Doctorate in Physical Therapy
Schrier Physical Therapy

Program includes free consultations to evaluate your posture, balance and gait.

Friday, October 28, 2011 1:00 p.m. - 2:00 p.m.

Refreshments will be served. Door prizes will be given.
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Call 301-656-2797 to RSVP.

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Date: October 19th 2011
Time: 6:30 – 7:30 p.m.
Location: Friendship Heights Village Center

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Brighton Gardens of Friendship Heights is built around a resident-centered approach to senior living, giving our residents options to meet their individual needs and wishes. We offer a variety of living arrangements, spacious apartments, personalized assistance and care, premium amenities and services, and excellent dining options.

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Thursday, October 27
Presentation from 7:00-8:00 PM
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Assisted Living • Memory Care

Village Council Corner

5th Annual Taste of Friendship Heights attracts large crowd

The Taste of Friendship Heights on September 17 was another big success, with a large crowd braving a gloomy day to sample food from a dozen area



restaurants, including Maggiano's, Potomac Pizza, Lia's, Sunrise Brighton Gardens, Courtyard by Marriott, The Capital Grille, Tynan Coffee & Tea, Rosa Mexicano, Indique Heights, P.F. Chang's, Frosting Cupcakery, and Whole Foods. Special thanks to our primary sponsor, Sotheby's, and other corporate sponsors

Coca-Cola, Capital One Bank, Eagle Bank, Courtyard by Marriott, Sunrise Brighton Gardens, Chevy Chase Florist, Bethesda Magazine, Renewal by Andersen,



Photos by Joel Williams

Eye Doctors of Washington, American University, Wisconsin Place, and Highway and Safety Services. The Community Council for the Homeless at Friendship Place (CCHFP) will receive a portion of the proceeds.

County expands smoking ban

Montgomery County enacted a law this summer that prohibits smoking in multi-family residential common areas and in playgrounds, including Page Park in the Village. The law requires that "no smoking" signs be posted in all affected areas.

There were no actions taken at the September 12 Council meeting. The next meeting will be **Tuesday, October 11**, due to the Columbus Day holiday.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

October 2011 events calendar